



Veritasonline.net

Lentation

Lentation 8 1/2 week crash-course

Foreword

A good day to you, and thank you for looking into this file. What lies before you is the result of a little more than 2.5 years of research and trail and error. This guide teaches you the basics and usage of Lentation. Lentation is a skill that allows you to 'slow things down'. Of course, there is so much more theory behind it than just that, but it is the easiest to just assume that for now. This guide will supply a full detailed explanation of the phenomenon, and much more

.
I hope it works out for you, and that you also try Tineko, the martial art designed around Lentation.

Have fun!

Darkduck

Chapter 1: Lentation- the hard theory

Lentation is, unlike one would expect, an occasionally occurring phenomenon. But it is mostly ignored because it is too brief to pay serious attention to. I do not know the exact hormonal procedure that goes with Lentation, but I do know the main lines.

When Lentation is 'triggered' your body produces a substance called Adrenalin. Adrenalin is a pretty well-known hormone, the fight, flight and fright hormone. Adrenalin causes a widening of the main arteries, a simultaneous opening off all the bronchits, a faster heart-rate, increased bloodpressure, widening of the pupils, and increased neurotransmitter generation rate. And that last one is interesting to us. I will not go in-depth on Neurotransmitters, there are books and articles out there that give a way better explanation than me, but roughly it works like this. The Neurotransmitter is the substance that triggers the electrical impulse in nerves (for the biotechheads: the temporary reversal of the Na^+ and Na^- ions in the nerves). This (these) substances are synthesized at the end of each nerve in special glands. This rate is extremely fast, but it is also variable. Neurotransmitters in your brain work at unimaginable rates, while the Neurotransmitters coming from your saliva glands work dead slow. It is possible to increase the rate of this neurotransmitter generations by the release of Adrenalin, heck it has even been proved. If your Adrenalin levels are high, you react much faster and your movements are much more coordinated than usual. Through training, you will learn to increase your Adrenalin secretion, and thus induce(generate) Lentation. What I will teach you in the lessons are (from the top) learning to induce un-controllable Lentation bursts, then learning how to control them, and finally learning how to vary their intensity. In the early stages of your training, you will 'speak' a lot to yourself, encouraging yourself to push it just that little step further. When your training is complete, you will be able to instinctively generate Lentation without having to manually 'activate it'.

Also, just in between, the old format of the teachings was designed through a time-table, a dead strict 8-week system that will most definitely will NOT work for new ones to self-mind-control and subconscious reactions. I switched to a system where you can decide how long you'll take for each lesson. You're not supposed to advance to the next lesson until you have completely mastered the previous one. This way, only the students who really put their noses to the grindstone will master it, because I can tell you this: this is not easy. This is very hard to do and to master, so be warned, you will not do it on your first try, your second, and a lot more tries after that. This also requires a great deal of discipline from your side. If you slack off and think 'Ooh, I can take my time...**yawn** I'm bored with this lesson...I'll go do the next one' you won't make it.

Of course, if you put a lot of hard work into it, any decent martial artist can become practically invincible! The choice is yours.

Chapter 2: Lentation sequencing

But what does exactly happen if you Lentate?

As far as I know (and I believe this gets pretty close) the speed at which your neurotransmitters is generated/fired increases. This also directly increases the speed of your nerves 'firing', thus making the process all-around a lot faster. Fortunately, this also happens in your brain. The increased speed allows for you to pick up and receive signals a lot faster.

As I said earlier, this 'shift' happens all the time. The speed at which the impulses travel varies constantly, but only under the influence of certain hormones (such as Adrenalin) the speed can increase as dramatically as in Lentation. If your brain starts to go on 'overdrive' (if the speeds increase by more then 43%) the famous 'slow-motion' is engaged. Basically your brain moves faster then your surroundings, and to encompass that, your surroundings seem to 'slow down'. This is what you are aiming for if you're training Lentation, and I can tell you, the actual experience itself is unbelievable. There are other 'sensations' that come with this but I will handle them later. The slow-motion is the back bone of Lentation (heck, that's what it's all about). It's an incredibly sensation, which I can't really word out. You'll know when you'll get there.

Now, training Lentation is hard, I have to admit. In the beginning, you will have lots of drop-outs and voids, but it will become easier over time. I'll explain what a 'drop-out' and a 'void' are. When they are relevant in the training, I will briefly review them.

The void is when you can't synthesise enough Adrenalin to keep the nerves anymore. All of a sudden the generation rate falls back down to its regular rate. This is quite unpleasant if you're doing heavy Lentation, because the little lag it takes your blood from reaching your brains, gives you suddenly the feeling that your limbs are filled with concrete. You can still see the slow-motion, but you can't do anything! Once fresh blood reaches your brain, the slow-motion effect will also die out, and you'll return back to normal.

A drop-out is a little different. You see, to sustain Lentation your body and mind need to work together. If your body fails, you get the Void. If your mind fails, you get a drop-out.

Drop-outs occur when you lose focus. It's much more intense than a Void, because your subconscious won't cooperate anymore. As I explained, you need to use your subconscious to keep all the other processes, that come with Lentation, running. Let's just say you're trying a wall run. You're busy doing the second step, and you're so preoccupied with the wall, you lose focus on Lentation. Now you know why it's called a drop-out. Drop-outs only occur when doing physical motions, and that's what makes them so unpleasant. Suddenly the ground will rise up pretty quickly...

There are other (side-)effects to Lentation. I will cover all I know now. Don't worry, not all of them are hurtful...

Migraine. If you're prone to Migraine attacks (like me) do NOT try to Lentate if you're having one. This will seriously split your skull, and we all know how unpleasant Migraine attacks are...

Regular Headaches. This is not very common, but it happens sometimes if you're doing lots of short bursts. Just rest for a while, and don't push it.

Adrenalin overdose Also known as the 'red-out', this might happen to people prone to violent behaviour or mental disorders. Basically you just 'freak out' and get the red-vision. Only happens if you do lots of bursts in combat, and if you're prone to get them.

Aching muscles The #1 problem for Lentation artists. Lentation increases your speed (I'll explain later) beyond your regular rate. If you do a lot of physical motions in Lentation (especially if you're just beginning) you'll get some serious muscle pains. With time, this phenomenon will die it (thankfully).

Waved vision This is rare, but it occurs to me sometimes, when the edges of my sight get a little 'wavy'. Don't know why or how this occurs, but it's not much of a problem either.

Black out A harmless but still unpleasant side-effect. It is comparable to standing up too fast, when your vision temporarily shuts down. This has something to do with blood pressure, but it's harmless. Happens mostly when having a serious drop-out or void.

Nausea Happens when you're doing lots of wallruns and other complex motions. Pause, have something to eat, and you'll be good to go again.

Rush One of the positive side-effects of Lentation, this is the incredible feeling that accompanies the activation of Lentation. You'll have to experience for yourself.

Full vision Because of the higher perceptive rate, you tend to 'see' everything in your field of view, not focussing on anything but still seeing everything.

Burn out Energy artist be aware! Lentation and energy work do not mix! You'll use way too much energy already while Lentating, and putting energy work on top of that will put you in burn out faster then you van say "Milli Vanilli Chilly Willy".

General Pain A common effect when you do something your body was not meant to do, in example, Lentating and crashing into a wall or something. Stay out of harms' way and you'll be fine. ^_^

These are the most common feelings. There are tons more different feelings, but they are too uncommon to put down here.

Now that you know the basic lay-out of Lentation, continue on reading. The next chapter will go in depth on the effect on your body.

Chapter 3: The physical side

Let's face it. Lentation wasn't created as a fun party trick, I made it for and around combat purposes. This is a guide that will, in the end, teach you how to use Lentation in combat too. But, that's also what this chapter is about. This chapter is about how to use Lentation in combat and how to use it to its full extent.

I will also go over the principles of the Mach attack, but I'll start off with a definition of Lentation combat.

There is a difference between Lentation combat and Tineko. Tineko is a much more complicated form of Lentation, and you need not worry about that now. Lentation combat is the main goal to achieve in Lentation training. It works by the principle of speed, because $\text{Speed} = \text{Impact}$. The faster you move your (attacking) limbs, the harder it will hit. The basic foundation of the punches is a Shotokan Karate style, for those interested.

Because your nervous system is generally 'faster', not only the input signals to your brain work faster, but also the output from your brain is increased. This results in a general increase in speed for all bodyparts (that is also why you are faster when Lentated). The punches hit harder than usual, etcetera. This gives you an incredible edge in combat, because not only are you faster, your punches pack more power too.

And that is what brings us to our next subject, the mach attack. I'm going to break my promise, because I will explain a little about Tineko. The mach attack is a general name for a group of attacks supercharged with Tineko. A Lentated punch packs roughly 50% more power than a regular punch. Mach attacks add another +75% to the attack, by using a special technique called Tempus Morari. But, what does this all have to do with combat? (stupid question).

Now I'll discuss Lentation combat with you (duh). The basic idea is that you, of course, use Lentation to be faster and more powerful than your opponent. But this is not at all practical. If you wanted to stay Lentated for the whole fight (it is possible, mind you) you'd have to have an immense Lentation capability. It's wiser to just fight, but use sudden, violent 'bursts' of Lentation, than to tire yourself out. Okay, confusing, I know. Example: you get into a fight (gee). He throws a punch, and you use Lentation to intercept it. Because you're so fast, you can kick him hard in the ribs without him being able to retaliate. He stumbles back, and you tune down again, ready to go another round.

Know that fights never last long, the human body can't take much. A mach kick to the chest will definitely take someone down.

What can you expect from Tineko itself? Tineko is designed completely around Lentation. It is divided into a number of different styles, called arts.

Next to Tempus Morari, the art of the mach attacks (and more) the main combat arts are Locus Dimicare (my favourite), the art of using your surroundings in a fight, and Repente Aggredi which is the art of speeding your motions up (a super-group from Tempus Morari btw) to end a fight in 1 or two blows.

You also have Tela Inertia, which is the art of using weaponry and Lentation, Non Spectatus Esse the art of combining stealth and Lentation, and lastly Plures Inertia, the instinctive art of fighting groups of people.

Chapter 4: Before you start

Well, you're almost to the Training Chapters. In this short chapter I will give you some last-minute pointers. Throughout the entire guide, you have Training

chapters and Learning chapters. Both chapters are equally important for your training, so study them both. As you know, there is no time-limit for the chapters, you can proceed to the next article when you can do the current article into perfection.

- Firstly, never give up. This is very hard to learn, but it definitely is worth it.
- Have patience, nobody will succeed the first time.
- Learn to crawl before you can walk, learn to do Lentation properly before trying your hand at Tineko
- Read the theory!
- If you're really dedicated, spend as much free time as you have in it for speedy results :P
- Don't get frustrated, it doesn't help at all.
- Don't go around bragging you can do Lentation, and certainly never let an opponent know you have an edge on him.
- Be sure you're in an area where you can concentrate. Distractions are the worst things that can happen during Lentation training.

And now for something a little less nice. All these lessons were designed with safety in the back of my head. They are as safe as I can possibly make them, but of course there always will be risks. I take no responsibility whatsoever for injuries caused by the training, because if you got hurt you either did not follow my instructions correctly, or are just not ready yet.

I am always open for questions, just mail me at darkduck@veritasonline.net if you have any questions.

(Legal Mumbo Jumbo)

This document is exclusive property of Veritas Online.net. Nothing out of this document may be changed or removed without written consent from the author. Nothing out of this document may be sold, copied, or displayed on any other place but Veritas Online.net without written consent from the author.

Training Chapter 5.

Welcome to the first training chapter. Here, your Lentation training starts! Ready? Okay, let's get started. As you know, you can choose your own tempo of training. My research proves, that people doing the intense training get better at generating short, intense bursts of Lentation at higher levels, while the people

who take their time can generate longer Lentation sessions. Intense training is 3 hours or more per day, the low training is 1 hour or less per day. The entire training will, with the intense training, last roughly 3 months, with the lowest training roughly 6-8 months. Choose your own training method, the one you think is best suitable for you. Bare in mind, for you who have some experience with it, the training is intended for someone who knows absolutely nothing about Lentation.

Okay...less thinking, more drink...er...Lentating! Basically, Lentation is a subconscious act. It actually happens a lot of times during the day, you just don't realise it. Oftenly it happens when something falls, and you suddenly 'see' the entire object for a brief moment suspended in air. This is a typical example of spontaneous Lentation.

Although the speed of the synapses (that's what it's all about) is already a tad variable, Lentation takes it a step further. You trick your subconscious into thinking that it is vital that you Lentate at this point in time. Although the subconscious is a lot more powerful, and has tons more potential than our conscious mind, it can also easily be tricked. How?

It's all just mental exercises. Like with affirmations, you can make your subconscious believe just about anything.

Let's just start with some basic exercises. Just go sit somewhere, where you're comfortable, maybe meditate a little, but just sit there. Don't worry, I won't go and do creepy mystical rituals, just some basic brain exercise! Pick a paradox/problem/koan that suits you. Like, "can god create a stone too heavy for him to lift?" Here are some nice ones that I use. If you have some good ones, send 'em over!

- * What's the point of a bucket if it doesn't have a bottom?
- * What's the sound of one hand clapping?
- * What would happen if I reach the end of the universe?
- * What does a black hole LOOK like?
- * Will DBZ'ers ever grow a brain?
- * The universe expands...but in what?
- * If god is almighty, can god create a stone too heavy for him to lift?
- * Why does a kamikaze pilot wear a helmet?
- * What is emptiness?
- * Can you vacuum a vacuum?

Once you have picked or created a nice paradox (it doesn't specifically have to be from this list), do nothing but try to solve it. Even if it is unsolvable. After the meditation, stop, and continue on with your day. Go do something else

(Homework!). This exercise literally exercises your brain. The brain is like a muscle, the more you use your brain, the stronger it becomes. And what we need is a strong brain!

You see, to sustain Lentation, not only your subconscious has to act, but you have to use your conscious mind too!

Lentation induces a massive adrenalin-boost, so you have to keep your mind straight if you don't want to freak out. Also, the brain tends to slowly build down on the output of Adrenalin. If you suddenly have an Adrenalin-shortage, you get what I like to call the 'void'. Without any prior warning, your limbs become heavy, and your Lentation-rate falls harder than a sumo wrestler on ice skates. To counter this, you have to focus on sustaining Lentation, and indirectly this keeps upping your Adrenalin levels.

Unfortunately, the very first lesson is 'special'. It is impossible to not give a time limit to this exercise, so move on after a week (if you're doing 1 hour per day that is!).

Training Chapter 6

This week, the real physical training begins. The first few exercises may sound a bit...well, funny, but hey, start simple, okay?

Oh, by the way, you have to keep on doing the first week's exercise. You still have a relatively 'weak' mind, and you still need to exercise it.

We are going to two exercises today! (Yay! Party!) Of course, we will start with the first exercise! (Duh -__-') It's called blurred fingers, is to induce spontaneous Lentation, to get your brain more used to it. What you need is basically a fully-functional hand, and a clock (or some other device that makes a periodic sound. A metronome would be perfect).

Exercise: blurred fingers

First, go sit a few meters away from a clock, about a meter or so. Now, raise one or two fingers in the air, in front of your head, about 1 or 1.5 hand's length in front of you. Start waving the fingers back and forth as fast as you can, but don't focus on them! Focus on the clock behind your hand, and keep the fingers in your peripheral vision. Not only will this sometimes induce spontaneous Lentation, you can also determine how hard it will be for you to learn this. If it takes ages and ages to get even the slightest bit of Lentation done, you're in for a loooooong ride. I think you should only have to do this once or twice a day to get the hang of it.

Since this is your first exercise in Lentation, I'll give you a few pointers. First of all, if it happens, no you are not just moving your fingers slowly. But, you can always check this by looking/ listening to the clock. Secondly, it is very unlikely that you can control the Lentation. If you are able to control it, you're either a child prodigy or trying to con me. Personally I'd think the second...

Since there are two exercises, I suggest that you divide the time per day for an exercise. I do highly recommend that you do both exercise on the same day, the second after the first of course...

Exercise: Pong/ fallup/ breakout

Okay, I'll be honest, this exercise sounds incredibly dumb, but it does work. The idea was given to me by Vox, after ranting on about some silly game on his calculator. At first I wasn't paying any attention, as usual (Vox is gonna rip my head off when he reads this ^__^) but it caught my attention when he mentioned spontaneous Lentation by the game 'fallup' on the TI83 calculator. I checked it out, and by golly, if you consistently play the game, and focus on it, it actually does work! This gave me the idea, get either one of the three games in the title, and set the speed up to the highest level. Try to focus on the game as hard as you can, and try to keep track of the ball as it speeds across your screen (note: you can also play these games on your 'puter, you don't have to buy an expensive calculator for that). If you just keep telling yourself that you really need to keep track of the ball, you'll be amazed at the results. Many thanks to Vox for this exercise **raises thumbs**

Training Chapter 7

Previous exercise was fun, wasn't it? But now, we can get started for real. Good luck!

This is the very first exercise in Lentation you'll do, and therefore, I wrote it as detailed as possible. The purpose of this exercise is simple; use a little trick to induce Lentation.

For those of you interested, yes the catching cards exercises was here first. Except it took me about 6 months to catch just a couple of those freaking cards. Not only was the exercise dead hard because the cards tend to fall in a 'not-so-steady' pattern, they are also too light to catch them correctly, i.e. when you grab one it tends to slip very easily through your fingers. However, I did not leave the precious cards out entirely...the second exercise here is quite good for your finger coordination and your Lentation training!

Exercise: bouncing balls

Get a couple of bouncing balls (those little rubber things that bounce, about 2 inches in diameter). Get 4 of them. Now go sit somewhere where you can be alone, (and your parents don't ask you what that thumping noise is), and, simultaneously drop them with a straight arm stretched all the way up as high as possible (make sure they bounce straight up). First bounce, catch one ball, second, catch another, third bounce, catch another, fourth bounce, catch the last one. It isn't required that you keep holding on to the balls after you catch them. The real neatness of this little exercise is, that you'll have to increase your speed. The balls keep on getting closer to the ground after you release them, so you'll just have to catch them, if you don't want to fail. Reward: milk and cookies. Failure: cook yourself a nice liver'n' onion dinner!

That was quite easy wasn't it? Now try it again, but lower your hand for the drop a bit, so the balls will bounce shorter. Keep on decreasing the height of the drop to keep it challenging.

The real neatness of this exercise, is that because the bounces keep getting shorter, you actually build an artificial 'ramp' for Lentation! Because the bounces keep getting shorter and shorter, you have to keep getting faster and faster! Automatically, this triggers Lentation.

Exercise: cutting the deck

This exercise I thought up while boring myself on my couch. I always have deck of cards in my room (don't ask why...heck, I don't even know why), and I was shaking the cards, because I had nothing better to do. For fun, I started increasing my speed, up to Lentational levels. It turns out that the repetitive motion of cards forward, finger down, hold finger down, cards backwards, cards forward, finger down, hold finger down, cards backwards, lather, rinse, wash, watch it go down the drain, repeat, is an incredible stimulant for spontaneous Lentation. If you can't really grasp when it kicks in, it's when your hands start to 'cramp' up, the cards start to bend and you lose control over the repetitive motion (You lose control over the cards because you're not used to the fast motion of your hands yet.)

Training Chapter 8

In this chapter, we will work on your coordination. Hand-eye coordination is an essential factor with Lentation, because it would be kind of silly if you missed your target.

As you know, Lentation increases the speed and thus the general power of your limbs. The downside of this is that it becomes much harder to do small, quick and precise motions, which are required in certain Martial Arts. Thus, you must always practice on your coordination and the subtlety of your movements.

But, since we are practicing Lentation, this exercise would be silly if it didn't have anything to do with Lentation, right? Therefore, the second exercise ^_^. Exercise 2 is called a so-called 'shock' exercise. If you followed my teachings regularly (you did, didn't you?) this exercise will generate a form of (spontaneous) Lentation, called 'bursting'. Bursting is the most common form of both controlled and spontaneous Lentation, as the word itself says, short, intense bursts of slow-motion. Enjoy!

Exercise: Rolling

The next exercise will make you look kind of silly, so do it when you have some private time ^_^'. Take a bouncing ball, and place it between the index and middle finger's knuckle of your writing hand. Keep your fingers stretched out (all four of them) and roll the ball forward between your closed middle and index fingers. When it reaches your nails, bring your fingers up, so that ball flies upwards. Catch the ball between your index and ring finger (closed of course, just have it lying on top of them). Roll it backwards, then forwards again, and repeat with your index and middle finger. This exercise is to increase your hand-eye coordination; you'll need it later on. It's also a fun thing to do when you're bored.

Exercise: catching the falling object

Once again, take a bouncing ball, and throw it up into the air (straight up). Take a step backwards, and catch the object. The trick to doing this is NOT to look up, and NOT to pre-form your hands so it'll just fall in. Keep your hands to your side, and once your eye's peripheral vision catches and locks on to the ball, start moving. Don't catch it until it's below your neck. This is another one of those 'impossible exercises' that although seem impossible when you try it, still have some hiding meaning ^_^ like I said, this exercise is to generate spontaneous bursts of Lentation. You'll get a little 'fright' or 'jump' when you see the ball coming down your vision, and if you did your training correctly (and practiced a LOT) 5 out of 10 times you'll burst right into Lentation. To help aid the process convince yourself that, with Lentation, it'll be a lot easier.

When you burst into Lentation, try to keep calm. The first 20 attempts you'll probably be too riled up if it happens to focus on Lentation...

Keep telling yourself how great it would be to have Lentation, and keep telling yourself that you can do it! Because you can do it ^_^ just dü it.

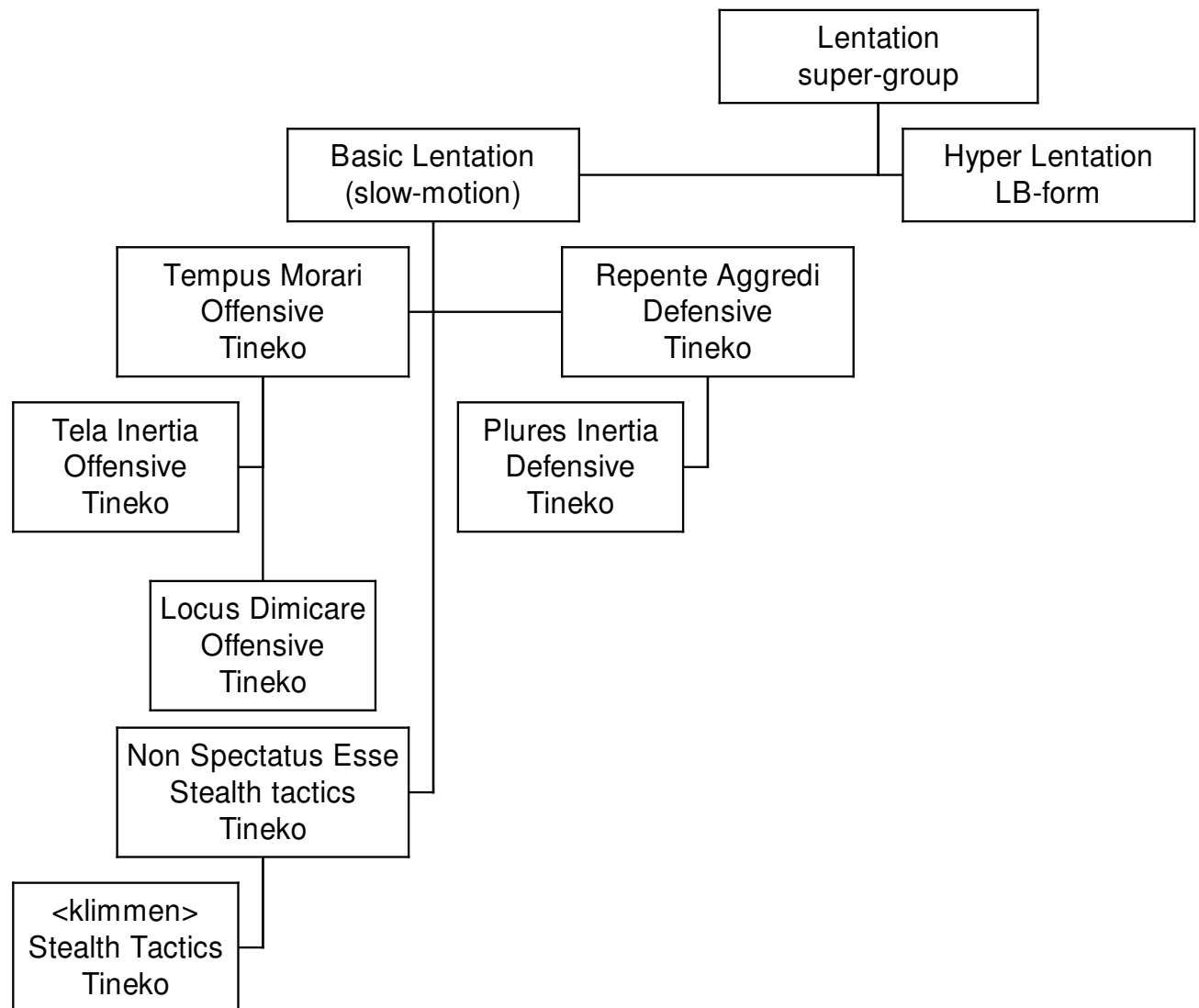
Addendum: instinctive Lentation

If you followed my exercises regularly, by now you should have lots more 'spontaneous' Lentations occurring. Now what I want you to do, is try to 'implant' these feelings with situations. For as much possible combat situation as you can think of, think about how you would react with Lentation. Do this a lot, because this will train your instinctive ability to Lentate, and allow for more spontaneous Lentation!

Learning Chapter 9: Lentating

part 1: learning

It is time for you to learn how to actually use Lentation. When you did the previous exercise into perfection (you get spontaneous Lentation 90% of the time the ball passes in front of you) you were actually already using a form of Lentation! It is called Object Focussed Lentation. OFLentation is a specific form of Lentation, where the Lentation trigger is caused by an event in this case the ball dropping. In my eyes, I find Object Focussed Lentation easier, thus I put it up earlier in the training :p . But, I'm drifting.



This is the entire Lentation teachings chart. In the future, I might add certain teachings, but right now it's just this. Currently you are at Basic Lentation (slow-motion). With NOFLent (I'll get to that later on in the teachings, don't worry about it yet) and, what you just learned, Object Focussed Lentation, or OFLent. You'll see that I did not enter OF & NOFLent in the Tineko sections, that's because Tineko works with a completely different system ^_^ and once again I'm drifting.

Now to the point. Non Object Focussed Lentation is what you really want to learn.

Basically NOFLent is the same as object focussed Lentation, except you generate for yourself a reason. There is no real trick to this, you have to brutally force it in your brain, and that's all there really is to it. Now you know why I let you do all those exercises for you brain ^_^ this is the time where hard work will start to pay off, and the real fun starts.

In the following exercises I'll go through the basics of forcing your mind into non object focussed Lentation, then we'll do a few concentration exercises to help you sustain Non Object Focussed Lentation. The rest of the articles are about how to vary the Lentation generation rate, and concluding the teachings, we'll start a little fighting motions.

Part 2: reviewing

Before we start the real 'heavy' training, let's take a second and review. Can you remember why you started training Lentation in the first place? Perhaps it was to learn a new art. Perhaps you are a martial artist looking to further his knowledge. Or perhaps you just want to show off to your friends :p. Whatever reason you have for starting Lentation doesn't interest me and is actually of no importance. What is important, is that you review your progress at this point in time, and be honest with yourself. Are you faking it? Or are you doing great? Are you just sifting through this material, and later on brag to your friends that you can Lentate? Or are you really putting your nose to the grindstone for it? If you are faking it, I won't say anything about it, it's your own responsibility. I just think it's too bad.

This is a pretty hard training, I know that. I would be really proud if those who train this actually can bring up the discipline to actually complete it, and succeed in doing Lentation. I hope you have that particular discipline to repeat each exercise until you can do it to perfection, if you don't, well, you're just wasting your time here then. Just so you know. ^_^

Training Chapter 10.

$$E=M*V$$

Energy = equals mass times velocity. Increase the velocity, and thus the impact of your punch/kicks will increase. It's really that simple.

Now, as I already explained (in detail) Lentation makes both your perceptive skills, and your physical skills faster. You punch faster and harder, kick faster and harder, can jump higher, run faster, etcetera etcetera. But, do not expect to punch through concrete walls with Lentation or Tineko! You'll bust your hand up bad with that.

Now, I'm guessing you know how the punching system works. Now let's do something completely different. What we all want to learn, is to Lentate when we please. This is a lot more difficult then it sounds. With object-focussed Lentation (hereafter referred to as "burst Lentation"), the cause you were Lentating for was *real*. The bouncing balls and cards were are real, touchable, and it's much easier for your mind to accept something like that. With Non-object focussed Lentation (hereafter referred to as "free Lentation") your mind has a lot more trouble accepting the fact that there is nothing to Lentate for. You see, Lentation is inherently a Limit Break sub-group. And Limit Break always happens for a reason, which is 9 out of 10 times mortal danger. "There is no danger, no reason, no nothing" your mind thinks "Why in the name of my big toe should I do this then?". Well, we're not going to try and reason with him, we're just going to brutally force him! Ha! ^_^

Exercise: forcing

Okay, here goes. Stand comfortably; back straight, in a fighting position if you wish. Your goal: Lentate by forcing your subconscious into Lentation, just like you did with the rest. Recreate the feeling you got from the bouncing balls. Pound your brain with the thought that you desperately need to Lentate NOW so hard it could make your skull crack...now open your eyes, stop clenching your teeth, and try again, this time relaxed, calmly, with little physical tension...keep your eyes open...and once again tear your mind up forcing yourself into Lentation! God I wish I had a better way to explain this, but I honestly DON'T! I tried a bunch of visualisations and mental triggers, but they all failed. You just have to force your brain to Lentate by attempting to re-create the feeling you got from the bouncing balls. Do this exercise until you can generate Lentation without having to shout at yourself, but can just 'flip the switch'. This is done by lessening the amount of thoughts you have each time you try. Thus, eventually you'll be able to activate Lentation without too much thoughts in your mind distracting you. Practice it until activating Lentation is about as easy as bending your arm.

This will probably be your longest exercise yet, as it takes quite a while for your brain to adjust to the idea of 'forcing' it.

Also, once you get it right, try to sustain it for just a little while, then just drop out. Don't go do movements or such, it'll ruin the next exercise ~_~.

Learning/ Training Chapter 11

This chapter is a combination of learning and training, because there's just as much theory as practice. This chapter, we'll talk about movement in Lentation, varying the Lentation levels, and the rare Hyper Lentation! You should be able to fully Lentate by now (of course, you practiced Chapter 10 until it came marching out of your nose, right? ^_^) although it's probably hard to keep Lentated, while focussing on something else (such as movement). Which is also our first point of attention right now.

Part 1: Moving through a barrel of syrup

New to Lentation eh? Just learned to free Lentation, and although you can do burst Lentation, you just can't get the hang of free Lentation. It seems as if your mind is fast enough, but your body is lagging behind! I call this Lethargy. This is a common fact around many free Lentation trainees. Your body needs some time to get used to the fact that it's faster. Basically, the more you Lentate the less Lethargy hinders you. However, you'll never be 'truly' real time. It's like an asymptotic graph, it never reaches a certain number, but it does get unbelievably close! This Lethargy is quite an annoying factor, I know, so I developed a little exercise to get rid of the extreme lethargy in the beginning

Exercise: lag timing!

What I want you to do, is basically Lentate, and move a certain part of your body. Try to make an estimate of how long it takes. You don't have to be precise in seconds or anything, you can even use a fictional number if you wish. Place this number in the back of your head, and drop out of Lentation. Now go do something else for a few minutes *Tip: I usually play a song on my harmonica (use any instrument) but you can use any instrument. It works wonders at bringing your Adrenalin levels down.* A couple of minutes later, try it again, and once again 'time it'. It should have decreased a tiny bit. Eventually the lag will become so little, it is hardly noticeable, and then this exercise/piece of theory loses its purpose, because the lag is so small, you can't time it anymore. Once you've reached this point, you can stop timing yourself.

However, if you're just beginning, timing yourself you may notice the delay between each lag can decrease lethargy with up to 50% each time you try it! You do realise that this number decreases with every period right? ^_^ Okay, too complicated.

Part 2: varying Lentation (important!)

Next up is varying the Lentation generation rate. Of course, this goes for free Lentation, because burst Lentation is too short. This is a very important lesson, because Lentation to your utmost max is a) way too tiring b) useless, because you can achieve the same results with lower Lentation and c) will reveal more of your power which could work in your disadvantage. The goal of the following exercises are (first) to generate Lentation without having to go drill-instructor on your mind, and (second) to generate low-levelled Lentation. And believe me, this is a WHOLE lot harder than it sounds!

Shifting the Lentation rate is, once again, something you have to do completely

with your mind. In the previous lesson, you learned to force your mind, and trained yourself until you can do Lentation.

Exercise: subtlety

So, you can Lentate now, but the Lentation is just mediocre, and can't be held for long, now can it? You want to be able to do extremely high/ low Lentation, right? We'll start off with increasing the Lentation generation rate.

In your very first lesson, we exercised our mind, just like a muscle. Now it's time to flex that muscle. When you're Lentating, and you want to increase the generation rate, it works just like tensing a muscle. This is hard to explain, but I'll try. You have to increase the feeling manually, push yourself further to increase the generation rate. This sounds hard, it is hard, but if you don't understand you should go practice the previous chapter again. Lentation kinda makes your brain feel like a muscle, you can loosen and tense it when you please.

It basically just works the same decreasing the generation rate, except there are a few points you should pay attention to. First of all, decreasing is easier than increasing. All you have to do to decrease the generation rate, is relax a bit more, contrary to increasing your concentration with increasing the rate.

And, as you know, it takes concentration to keep Lentation steady, so if you concentrate 'a bit less' the rate will drop. Beware however, dropping concentration is harder than it seems, which brings us to our second point. If you loosen up, the rate falls incredibly fast. Be very careful that you don't immediately drop out of Lentation when you lower the rate!

Practice this exercise until you can flex Lentation pretty good. A good way of exercising would be like this:

Start off, basic Lentation. Start increasing it until you can't go any further, then slowly start decreasing it in tiny steps. Once you drop so far, Lentation ends, start off by Lentating very slowly, and increase from there until you can't get any further.

This is similar to push ups by the way, the way up is just as important as the way down, and vice versa.

Part 3: Hyper Lentation

Hyper Lentation. This is a sensitive subject, as it's about as common as a snowball in hell. If you train Lentation, and get into a life-endangering situation, your Adrenalin-levels will go straight through the roof, and you'll blast into a form of Lentation unlike any other. This form of Lentation is similar to all forms of Tineko combined, times 5. Practitioners of extreme sports are most likely to experience it. I had it only once, when I went bungee jumping with a couple of my friends. I'll be honest, I was scared shitless when I wound up at the top of that crane, and the moment I jumped, it literally hit me like a steamroller. I can't really explain exactly how it felt, but the first 5 seconds of the jump felt more like 10 minutes. It died out fast when the cord tightened though, and I realised I was not going to be scraped of the asphalt. ^_^.

Of course there is no exercise for generating Hyper Lentation, because it can't be recreated or generated °_°. Just be glad (or not) when it happens, and pray that it never happens again :P.

Learning/ Training chapter 12

Well now, we've come pretty far, haven't we? So far, we've found out how Lentation works, how to do it, and how to vary the amount. There is just one thing missing...fighting with it! No matter what you keep telling yourself, Lentation is inherently a combat art. Thus, this is a combat chapter! Of course, you can skip this character, forget about the martial side of Lentation and go hug some more trees, but of course I would like it way more if you choose the martial side of Lentation, study this chapter extensively, and prepare yourself to learn Tineko! It's up to you ^_^. If you don't want to fight, stop right here, and return to the woods.

First of all, you are a martial artist right? If you haven't studied and practiced at least one martial art, go back to your room and sulk, because it's useless upgrading your fighting skills if you don't know how to fight in the first place. Oooh...sensitive subject eh? Okay, calm down. Just because you don't have a martial art doesn't mean you can't fight. But Tineko is based around certain martial principles/stances/strikes (etc.) that are taught in Martial Arts. Hence, you need one.

Reviewing Lentation combat. How does it work?

Since you're in slow-motion, one of the most important features is that you have much more time to think about your actions, before having to carry them out. If you look at it from the other way, from your opponent's point of view you are inhumanly fast.

The second important feature is your (slightly) increased fighting power. This is always handy, since more power in your punches = shorter fights.

From your point of view, Lentation combat is quite fun actually. You're a lot faster than your target, so you can end it quickly by kicking in his face real fast. ^_^. But seriously. Lentation gives you a major advantage in combat. You're a lot faster and stronger than your opponent, so why waste time? Finish it quickly with a combination manoeuvre ('combo'), and waste not time. Or you could just get fancy on him, and firstly pull off some awesome stunts, and THEN kicking his face in. I'm for the first approach, but hey, who am I?

An example of fanciness and how it really works.

If anyone were to actually SEE you Lentating, they would notice no real difference around you, except that you are moving faster. I'm sure at least someone will try to re-create the famous 'trinity-kick' from 'The Matrix'. From your POV (Point Of View), you'll actually jump up, go into the squatted position, 'hang' there for a sec or two, and then kick the person, before gracefully jumping down to earth. To another person, you've just jumped up, squatted aerially and kicked, all in 1-2 seconds.

Of course, this is all pretty useless if you want to end fights quickly. Why waste time if you can just block his first punch and counter it with a haymaker to his face? The choice is yours.

Exercise: training

Since you're going to practice Tineko, you better get used to the feeling of

fighting Lentation. This isn't a real exercise, just a mere tip, try to use Lentation while training/practicing Kata's. Practicing these complicated movements will make sure your limbs will get used to the increased strain on the muscles.

In the end

^_^ Hi there. Welcome to the last chapter. Why don't we look back upon our training time now? If I'm correct, it must've been quite a while since you first started training, eh? Well, I hope when you trained, you did your very best, and succeeded Lentating. If you did, congratulations, you made it all the way through the training! If you didn't you shouldn't be reading this but practicing harder!

Whether or not you are going to continue practicing Tineko, I'd still like to know what you thought about my guide. Can it be improved? Do things need to be added? Removed? Or should it stay the same? I need your input to continue giving the best to all the students at Veritas Online, so help us out and mail me with your comments at darkduck@veritasonline.net.

Of course, I've said this before, but just to make sure, this document is intended for publication ONLY at <http://www.veritasonline.net> and subgroups. If you find this document anywhere else, it has been hacked (the doc is password protected against modifications).

Well, good luck to your future training life, and enjoy Lentating!

~Gerjan 'Darkduck' Eilander,

Holland,
18 October. 2002